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10/20/2010

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OPLLDSTK003980010

Hi, Tiffany, enclosed are the test results. Every thing is looking good. Hope you are feeling good. Please let me know if you have any questions.

TEST	RESULT	NORMAL RANGE
10/17/10 TSH	0.51uIU/mL	0.10 - 5.50
10/17/10 AutoimmuneTest ANA	NEGATIVE	NEGATIVE
10/17/10 RA Screen	4.0IU/ml	< 14.0
10/17/10 LIPID		
Total Cholesterol	215mg/dL	
Triglycerides	124mg/dL	< 199
HDL Cholesterol	63mg/dL	> 45
LDL Cholesterol	127mg/dL	
10/17/10 KidneyFunction-GFR		
Kidney(Creatinine)	0.89mg/dL	< 1.11
GFR Non-Afr Am	>60mL/min >	60
GFR African Am	>60mL/min >	60
GFR Note	SEE NOTE	
10/17/10 Muscle Enzyme(CK)	69U/L	0 - 200
10/17/10 Ferritin	30ng/mL	22 - 291
10/17/10 Glucose Fasting	81mg/dL	60 - 99
10/17/10 IRON/TIBC		
UIBC	115ug/dL	92 - 365
Transf. % Sat.	57%	15 - 55
TIBC	269ug/dL	228 - 428
Iron	154ug/dL	35 - 160

Continuation for: 10-20-2010 MRN 07897964 TIFFANY K ANDERSON

10/17/10	Potassium	4.9mEq/L	3.5 -	5.3
10/17/10	Liver Test (ALT)	12U/L	<	36
10/17/10	Blood Cell Count			
	White Blood Cells	4.6K/uL	3.5 -	12.5
	Red Blood Cells	4.26M/uL	3.60 -	5.70
	Hemoglobin	12.7g/dL	11.5 -	15.0
	Hematocrit	38.0%	34.0 -	46.0
	MCV	89fL	80 -	100
	Platelet Count	253K/uL	140 -	400
10/17/10	Blood Cell Review			
	Neutrophils	59%	41 -	81
	Neutrophils Abs	2.7K/uL	2.1 -	7.7
	Lymphocytes	33%	13 -	46
	Monocyte	7%	4 -	12
	Eosinophil	1%	0 -	4
	Basophil	1%	0 -	1

Sincerely,

H JASTI M.D.



EXPLANATION OF LAB RESULTS

An explanation of laboratory tests is provided below. Minor abnormalities of test results are not unusual and are likely to represent individual or lab variations. Abnormalities are subject to the interpretation of your health care provider.

Please visit kp.org/mydoctor where you can schedule many of your primary care appointments online and request prescription refills. Also, members 18 or above can "E-Mail Your Doctor" and "View Lab Test Results" online.

TSH measures the pituitary hormone which controls the thyroid gland. A high number indicates an underactive thyroid. A low number indicates either an overactive thyroid or too much thyroid medication is being taken. If you are currently on thyroid medication, do not stop or change the dose unless instructed by your physician.

Autoimmune test, ANA, screens for some types of arthritis like conditions. An ANA less than 80 is not usually significant.

RA Screen tests for a specific arthritis condition -- rheumatoid arthritis. A person's history and physical exam, as well as laboratory tests, are used to make a rheumatoid arthritis diagnosis. A test value of less than 43 is normal. Values of 43 or more can help make a diagnosis of rheumatoid arthritis but do not always mean a person has rheumatoid arthritis.

Total Cholesterol is one of many risk factors for heart disease. A total cholesterol level of less than 200 is desirable. Quitting smoking, eating healthy foods and being physically active for 30 minutes most days can help you control your cholesterol and reduce your risk of heart disease.

Triglycerides measure certain fats in the blood. High triglyceride levels increase your chance for heart disease. For most adults, a triglyceride level over 200 is considered to be high and a level below 150 is ideal. To help you reduce triglyceride levels, limit high fat foods, starches in the diet and over-eating. Also, limiting excessive alcohol consumption may help.

HDL Cholesterol is the "good cholesterol". Low levels increase your chance for heart disease. HDL levels less than 40 for men and less than 45 for women are considered to be low. Quitting smoking, choosing lowfat foods, and being physically active can all help raise HDL levels.

LDL Cholesterol is the "bad cholesterol". High levels increase your chance for heart disease. LDL levels less than 100 are considered ideal for most people. Levels less than 70 are sometimes recommended for people at very high risk for heart attack. Levels over 160 are considered to be high.

KidneyFunction-GFR (Glomerular Filtration Rate) estimates your current kidney function based on your age and race. Normal values are greater than 59. Repeated values between 30 and 59 usually mean that kidney function is below normal (stage 3 chronic kidney disease). People over 65 often have values in this range. Values between 15 and 29 usually mean that kidney function is far below normal (stage 4 chronic kidney disease). Values less than 15 usually mean that kidney function is severely below normal (stage 5 chronic kidney disease). Medical treatment and follow-up testing is recommended for people with a diagnosis of chronic kidney disease.

Kidney (Creatinine) measures how well the kidneys filter wastes from the blood.

Muscle Enzyme (CK) measures a muscle enzyme.

Ferritin measures the body's iron stores.

Fasting Glucose measures how much glucose (or sugar) is in your blood after fasting for at least 8 hours. This test is often used to screen for diabetes. A fasting value between 100 and 125 might indicate pre-diabetes and a value over 125 might indicate diabetes.

Iron/TIBC measures the body's iron stores.

Potassium is an electrolyte in the blood.

Liver test (ALT) tests for liver inflammation.

Blood Cell Count measures all blood cell types found in blood.

White Cells is a screening test for infection.

Red Blood Cells measure the total number of red cells in the blood.

Hemoglobin is a test for anemia.

Hematocrit is a test for anemia.

MCV is a test to measure the size of red blood cells.

Platelet Count measures the number of platelets, which are involved in blood clotting.